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For Immediate Release

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**Social Worker Urges Caregivers to Ease Those
"Caregiver Blues", 6/25**

Feelings of sadness, loneliness or anger may be a warning sign of depression. Why caregivers become depressed and how to overcome it is the topic of the next meeting of the Caregiver Educational Support Group offered by the Lake County Health Department/Community Health Center.

The meeting will be held at Warren Township Senior Center, located at 17801 W. Washington Street in Gurnee, on Wednesday, June 25 from 10 a.m. to noon. "Caregiver Blues: Why we got down and How to get up" will be presented by Lois Silverstein, a LCSW and supervisor of the Senior Counseling Program at Family Service of South Lake County.

Silverstein is a licensed, clinical social worker. She has worked for Family Service for over 20 years providing counseling services to older adults and their families. She has also been the social work consultant to the Highland Park Senior Center, the Lake Forest-Lake Bluff Senior Center and more recently to the Barrington Area Council on Aging.

The meeting is free and any caregiver is welcome to attend. For more information, call Sharon Roberts, RN, MA, the Health Department's gerontologist, at (847) 377-8097.

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